

**Simplify:**

**Nothing More,  
Nothing Less.**

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# welcome

- **Define** voluntary simplicity
- **Discuss** the importance
- **Learn** how to incorporate small, realistic pieces into our chaotic, busy lives



# Why Voluntary Simplicity?

- It's 2015 and **our lives are more complex** than ever (electronic world, social media, higher expectations, clients with multifaceted needs, less training, more responsibilities, etc.)
- We **deserve** to slow down, de-clutter, simplify, and honor our personal wellness.

# For example

- 1950 – the average size home was 983 square feet
- 2004 – the average size home was 2,349 square feet
- Between 1970 – 2003, the American household shrank from 3.14 people to 2.57



# More examples

- In the U.S. alone, total minutes spent on social networking sites has increased 83 percent year-over-year (The Nielson Company, 2012).
- In 2010, the average American spent 2 hours and 31 minutes watching TV/day, which is 5.4 minutes more than in 2007 (Bureau of Labor Statistics, Time Use Survey, 2010).
- 76% of Americans name money and work as leading cause of stress in their lives (2013)
- Sleep deprivation is now costing U.S. companies \$63.2 billion a year in lost productivity. Exhaustion makes employees less efficient, even in the time it takes to read email. They are also more irritable and more likely to explode. (Harvard Medical School, 2013)



# Voluntary Simplicity

- The art of making deliberate choices to cut back on “things” in an effort to gain clarity, simplicity, and peace of mind (and more time for snow angels ☺)



# Wellness-based approach

- If we fill our lives with more wellness, the natural outcome will be less illness, less exhaustion, and less burn-out.



# Ask yourself . . .



- What are you willing to reduce or eliminate from your current lifestyle in order to make room for more time, energy, and happiness?









Relaxation?

Family?

Time spent with friends?

Time spent on cell phone? work?

TV? VIDEO GAMES?

Fun? FACEBOOK?

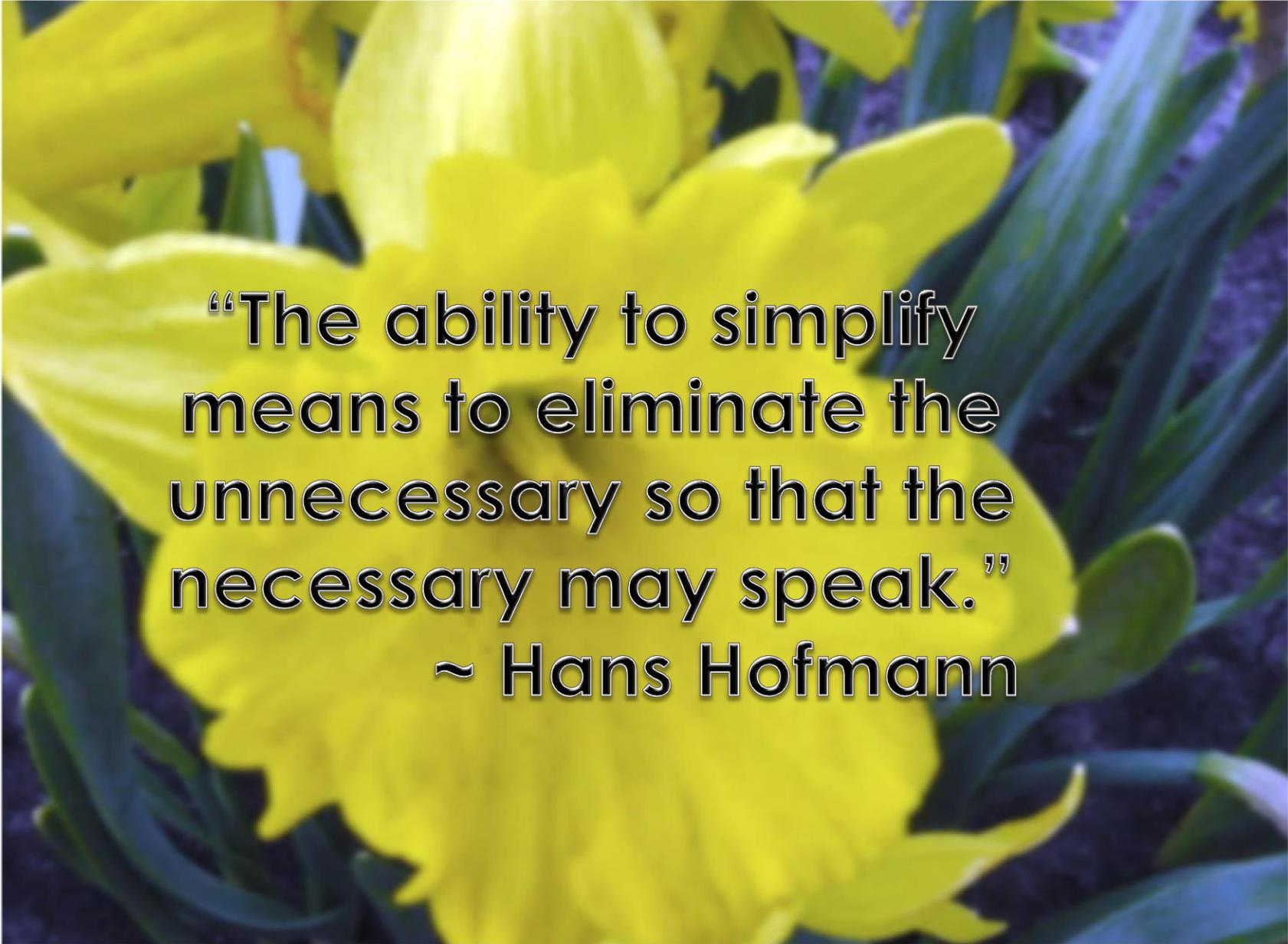
Sleep?

Non-work Obligations?

# How to simplify a complex lifestyle?

- Reconsider decisions
- Create a plan
- Implement upper and lower limits
- De-clutter
- Delegate
- Connect mindfully





“The ability to simplify  
means to eliminate the  
unnecessary so that the  
necessary may speak.”

~ Hans Hofmann



simplify

**THANK YOU**

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